Staying inside may seem boring at times, but it’s important to remain at home as much as possible, especially if you’re sick.

If you have to leave your home, do not gather in groups and keep two arms lengths from people you don’t live with. Stay active by going for a walk around a quiet neighbourhood with family or those in your household. And always remember to wash your hands.

You might not be sharing physical space, but it’s super important to stay connected with friends and loved ones. Have virtual hangouts using Facetime, Instagram, Snapchat, TikTok, Zoom, Skype or through other social media channels.

Do your part & stay apart

When it comes to COVID-19, sharing isn’t always caring

For substance use support, call: CAIT 604-209-3705
If you’re in distress, call: Crisis Line 1-800-SUICIDE
Kids Help Phone 1-800-668-6868
Chat online: youthinbc.com kidshelpphone.ca/live-chat
Check your stress: Mindshift CBT app Headspace app
For more information: www.vch.ca/covid19

Safer use

Many people may choose not to use substances at this time, but if you do use, keep in mind that sharing is not caring.

To decrease transmission of the virus, wash your hands before you eat, drink or smoke and vape. Make sure you drink from your own bottles and smoke from your own vapes, joints, pipes, etc. Don’t use alone. Make a plan with a buddy and keep your distance if possible!

Reach out